

MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS

SPRING 2011

New MS Center of Excellence Opens in Oklahoma City

By Jennifer Philp



Volunteers and Board Members of the National MS Society gather with OMRF executives at the check presentation for the new MS Center of Excellence.

research of demyelinating diseases. This is an unprecedented collaborative opportunity in Oklahoma for physicians and scientists to further advance knowledge about multiple sclerosis that ultimately will improve the quality of life for people with MS in our state and beyond.

The Director of the MS Center of Excellence is our own Dr. Gabriel Pardo, former Chair of the Oklahoma Clinical

CONTINUED PAGE 3



South Central 2011
Annual Meeting PAGE 5



Register for Spring Walk
MS Events PAGE 6



Newly-Trained
Ambassadors PAGE 10



Walk MS Fundraising
Stars PAGE 14



**National
Multiple Sclerosis
Society**

THE MSCONNECTION is published by the National Multiple Sclerosis Society, Oklahoma, Building 7, Suite 103, 4606 E. 67th St., Tulsa, OK 74136-4950.

Tulsa Office 918-488-0882
Outside Tulsa 800-344-4867
Oklahoma City Office 405-488-1300
Tulsa Fax 918-488-0913
Oklahoma E-mail
staff's first name.last name@nmss.org
Website www.nationalmssociety.org/ok

Vice President • Paula H. Cortner
Communications Manager • Brandi Davidson
Director of Development • Lucy Fraser
Director of Development • Kelly Dooley
Development Manager • Cristy Racy
Development Coordinator • Rachel Klenda
Dir. of Programs & Services • Sharleen Dupee
Programs & Services Manager • Lisa Rutledge, Jennifer Philp
Health Resource Advocate • Candace Richerson
Health Resource Assistant • Clayton Miller
Programs & Services Coordinator • Donna Bolain
Youth Programs Coordinator • B.J. McBride
Finance Manager • Denise Allen
Data Mgmt Coordinator • Lisa Gray
Newsletter Editor • Brandi Davidson
Newsletter Proofreader • Lisa Gray

Information provided by the Society is based upon professional advice, published experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

The Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The Society assumes no liability for the use or contents of any product or service mentioned.

©2011 National Multiple Sclerosis Society, Oklahoma

Vice President's Impressions

Dear Members,

Thank you for the great support at the Annual Meeting and volunteer reception in January. We were proud of our home grown super stars! **Channing Barker** was our emcee, **Talesa Shores** presented the program update and **Kevin O'Sullivan** updated us on South Central's fundraising efforts. They made us all shine brightly at the first South Central Annual Meeting held in Tulsa. **Dr. George Hutton's** presentation on MS achievements was inspiring and easy for us all to follow. Congratulations to Board Chairman, **Brad Robbins**, for all of his hard work and efforts over the past few years to pull this new region together.

Special recognitions included **Sam's Club Market#6**, AmeriCorps Oklahoma, President Award recipient **Joan Armstrong** and the Norman Cohn Volunteer of the Year Award honoree was the well deserved, **David Carder**. All Society volunteers were thanked for their multiple faceted efforts to support our mission.

So what are you waiting for? Join the movement, together we have nothing ahead of us but hope.

Warm Regards,



Paula H. Cortner

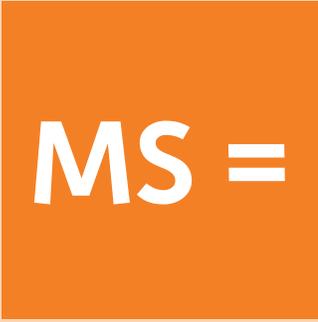
P.S. We all can't be anymore excited about the new world class MS Center in Oklahoma City. Special thanks to Dr. Gabriel Pardo and OMRF for putting Oklahomans with MS at the forefront of research and treatment.

What does MS = to You?

By Brandi Davidson

NEWS

People all over the nation are coming together to share, educate and build awareness about what multiple sclerosis means to them. Together, we are a powerful movement, working to create a world free of MS. **Will you share what MS equals to you?**

An orange square containing the text "MS =" in white, bold, sans-serif font.

The National MS Society is collecting and displaying on its website "MS =" responses contributed to its MSequals website and Facebook pages.

Just a few of the thoughts shared by people you might know are:

- "MS= remembering the quiet daily struggles of dear friends" says actor Bill Pullman

- "MS = no opportunity wasted," shares *The Amazing Race* host, Phil Keoghan

- "MS=reminding myself that I never really wanted to be a tight rope walker anyway," retorts comedian Jonathan Katz

Progress on MS can't wait. Be a part of moving us closer to a world free of MS and in shaping the face of what MS means to you and those you love.

Answer "What does MS= to you?" at www.nationalmssociety.org/msequals

For more information on MS awareness and the MS= responses, contact Brandi Davidson at 800-344-4867, option 1, ext. 35113 or e-mail at brandi.davidson@nmss.org.

FROM PAGE 1

Advisory Committee and current member of the National Clinical Advisory Committee, South Central Clinical Advisory Committee and the South Central Board of Trustees. Dr. Pardo will be joined by Dr. Farhat Husain who will also serve as a neurologist for the facility. Physical therapist Amy Thiessen, a member of the Society's Oklahoma Clinical Council, is also part of the team. Other health professionals serving on the interdisciplinary team of the center include specialists in nursing, rehabilitation, neuro-cognition, speech and language pathology, home health and social services.

The National Multiple Sclerosis Society and the MS Bridge organization have contributed substantial funds toward the MS Center of Excellence. The National MS Society, Oklahoma

contribution to this effort was made possible following Oklahoma joining the South Central Region of the Society. As a result of this merger with the region, funds that had originally been donated to the Oklahoma Chapter by longtime supporter Bryan Close and family were made available for the purposes of helping launch the new center. The OMRF is recognizing the Society's contribution to the new facility by naming a National Multiple Sclerosis Society Infusion Suite within the center in honor of the organization.

An OMRF Tower Dedication and Celebration is planned for Wednesday, April 20th. For more information about the MS Center of Excellence, visit <http://www.omrf.org/MSCenter>.

Close/MS Regatta is Powering Up for MS Cure

By Rachel Klenda

The 32nd Annual Close/MS Regatta will host its Launch Party on Thursday, August 18. The Close/MS Regatta is scheduled to set sails on Saturday, Sept. 10, at the Windycrest Sailing Club on Lake Keystone. The theme for 2011 is "Power-Up for MS Cure" and marks 32 years of fundraising for the National MS Society, Oklahoma. This is the

perfect opportunity for you, your family, your company and friends to join the crew in creating a world free of MS. Special thanks to Chairman Mark Lobo, members of the Windycrest Sailing Club and the terrific event committee members!

For more information contact Rachel Klenda at 800-344-4867, option 1, ext. 35124, or visit the website at nationalMSSociety.org/ok.

Uncorking the Cure for MS – August 26

Please join us for the Uncorking the Cure for MS annual wine auction benefiting the National MS Society, Oklahoma. This event will be held Friday, August 26 at the Tulsa Historical Society. For more information, contact Rachel Klenda at 800-344-4867, option 1, ext. 35124, or visit the website at nationalmssociety.org/uncorking.



We're Taking the Art World for a Spin!

The National MS Society is putting a creative spin on the MS movement. Art Bike Tulsa, presented by SCFM Compression Systems Inc., will be unveiled May 19 in downtown Tulsa. Launched in conjunction with Mayfest International, Art Bike Tulsa is a truly moving installation of colorful, uniquely-designed bicycles to raise awareness for multiple sclerosis and the Society.

Oklahoma's top artistic minds are transforming used, donated bikes into vibrant works of art to help visualize a world free of MS.

When and where:

Art Bike Tulsa
Rolling out May 19, 2011
Tulsa Performing Arts Center (PAC)
110 E. 2nd St., Tulsa, OK 74103

Welcome New Staff Member, Rachel Klenda

NEWS



- Rachel joined the Oklahoma office as Development Coordinator on Jan. 31, 2011.
- Previously worked as a Loaned Executive at the Tulsa Area United Way for their 2010 United Way Campaign.
- Graduate of University of Oklahoma, received a

bachelor's degree in journalism, with an emphasis

in public relations and a minor in non-profit organizational studies.

- Rachel and her husband, Michael, will celebrate their one-year wedding anniversary on June 5.
- "I was inspired to work for the National MS Society because of the Society's renowned reputation: working hard to advocate, educate and fund research for multiple sclerosis. As the new development coordinator, I'm thrilled to work on the Society's unique fundraising events! I'm excited to be a part of the Society family and movement to create a world free of MS."

South Central Celebrates Unstoppable Achievements at 2011 Annual Meeting

By James Black

Residents across five states got connected in a new way in the new year.

The National MS Society's 2011 South Central Conference and Annual Meeting was the first to be broadcast live over the Internet. Webcast from host city Tulsa, Okla., the Jan. 29 event marked the latest advance in keeping everyone affected by multiple sclerosis plugged in to the Society's achievements and happenings.

The 2011 Annual Meeting also marked the first united forum of its kind for the Society's South

The entire one-hour 2011 South Central Annual Meeting program video can be viewed online. Visit JointheMovementLoneStar.org, click "Programs and Services" in the left-hand navigation bar, then click "2011 Annual Meeting."



Central states of Texas, Oklahoma, Louisiana, Arkansas and New Mexico. The states have united to tackle MS head-on and to better help everyone affected by this unpredictable disease.

South Central's five-state partnership serves more than 80,000 people in 438 counties in Texas, Oklahoma, Arkansas and New Mexico, and in 64 parishes in Louisiana. That is the equivalent of one-fifth of the estimated 400,000 men, women and children living with MS in the United States.

In addition to the meeting's business portion, during which the South Central slate of officers and board members was approved, the January event was an opportunity to celebrate and reflect on the organization's local achievements in 2010.

Walk MS is the Rallying Point of the MS Movement

By Rachel Klenda

Registration for spring Walk MS events is now open! In 2010, the Oklahoma Walk MS events raised nearly \$400,000 for programs and services for people living with MS. Join the Walk MS movement in 2011 and encourage others to join the Movement as well.

Walker Spotlight:

“The walk brings my family and friends together for a great afternoon of fun!” said Leslie Hillburn, diagnosed in 2003, who has participated in two Ardmore Walk MS events with her team, Team Cure. “My dream is that a cure will be found for this devastating disease.” After her diagnosis, she has developed the philosophy that “MS is just a hurdle in the road of life and everyone has them!”

Thank you Leslie for your inspiration!

Join us at one of the following Walk MS sites this spring and Join the Movement.

Lawton: Saturday, April 9

Tulsa: Saturday, April 16

Oklahoma City: Saturday, April 30

Ardmore: Saturday, May 21

Register at walkmsok.org or call 1-800-344-4867, option 2. Visit our website for more information on starting a Walk team, fundraising and online tools.

We come together to make a bold statement:
We will achieve a world free of MS!

Congratulations to the 2011 Walk MS Elite Teams:

Tulsa

Annette’s Amazing Angels
PACERS
Violet’s Vengeance
Wildhearts
Courtney Couture for the Cure
Heritage Hounds
MS Kickers
Memorial Marchers

Oklahoma City

Ultrathin
Debbie’s 79’ers
Team Chargers
Mustard Seeds
Not MS’n Around
Garner Gang

Lawton

Fishermen’s Cove

Enid

TEAM L.I.S.A

Ardmore

Quick Draws



Team SCFM with team captain, Kayla Davidson, at last year’s Walk MS Tulsa.

MS Entrepreneurs Grant Deadline is April 15, 2011

Applications for the upcoming MS Entrepreneurs grant cycle are due by Friday, April 15, 2011. For more information, and to obtain an application, visit www.MSEntrepreneurs.org.

The National Multiple Sclerosis Society's MS Entrepreneurs program rewards creative, innovative individuals who are passionate about developing new ways to improve the lives of people affected by multiple sclerosis. The MS Entrepreneur project launched in 2008, with grants awarded for projects in five different categories, all with the purpose of meeting an unmet need in the MS community.

Anyone with the passion and time to identify a need and develop a solution can be an MS Entrepreneur. Applications for MS Entrepreneurs

grants are accepted year-round and are reviewed quarterly (next review deadline is April 15, 2011) by the volunteer engagement team. Please fill out our on-line application at www.MSEntrepreneurs.org. Included in the application are the criteria for selection and instruction on the application process

For more information, visit www.MSEntrepreneurs.org.

MS Entrepreneurs is managed from the National MS Society's Houston office. Applications are accepted from those in Texas, Louisiana, Arkansas, Oklahoma and New Mexico.

MS Entrepreneurs is made possible by Kanaly Trust.

Registration is Open for the 2011 Bike MS: The Mother Road Ride

By Kelly Dooley

Now that spring is here, it is time to register for THE ride in Oklahoma. The Bike MS: The Mother Road Ride with Sam's Club as presenting sponsor is set for Sept. 17-18. The scenic route covers most of the historic Route 66. The starting line will be in downtown Tulsa, Okla. at the Hyatt hotel. Day one will end in Chandler, Okla. where the overnight festivities will be happening all day long. Then the riders line up Sunday morning for day two and finish the journey at the state capitol building in Oklahoma City.



Bike MS means so much to South Central because it is the largest fundraiser for this area of the nation. Please spread the word about the ride to all people that may be interested. The beauty of this ride is you don't have to finish the whole thing. Ride as much or as little as you want to. There are plenty of safety support vehicles out on the road to give you a lift.

The kick-off /awards parties are set for Thursday, May 12, in Tulsa at the Stokely Event Center and in Oklahoma City on Wednesday, May 4 at Mama Roja on Lake Hefner. Both events will be from 6-8 p.m.

See you this September! Riders and volunteers register at: www.bikemsok.org

Study: Risk of First Neurologic Event Decreases with Sun Exposure and Vitamin D

Higher levels of sun exposure and higher blood levels of vitamin D were both associated with decreased risk of having a first demyelinating event that can be the first indicator of multiple sclerosis, according to a comprehensive study in Australia called the Ausimmune Study. A first demyelinating event is also known as clinically isolated syndrome (CIS), a first neurologic episode caused by inflammation/demyelination in the brain or spinal cord.

Robyn Lucas, Ph.D., and Anthony McMichael, Ph.D., with The Australian National University in Canberra and colleagues across Australia reported their findings in this study supported by the National MS Society, the National Health and Medical Research Council of Australia, the ANZ William Buckland Foundation, and MS Research Australia.

In all parts of the world, MS is more common at latitudes farther from the equator and less common in areas closer to the equator. Previous studies have found evidence suggesting that higher lifetime exposure to sunlight – through which the skin makes vitamin D – and higher blood levels of vitamin D may reduce a person's risk of developing MS.

The Ausimmune Study investigated whether increased exposure to sunlight in those living closer to the equator and the resultant vitamin D may be protective against MS. The team investigated sun exposure and vitamin D levels in people who had not yet been diagnosed with MS, but who had experienced a CIS, which often, but not always, leads to a diagnosis of MS. Investigators recruited participants who were between 18 and 59 years of age, and who lived in four geographic regions of Australia between

Nov. 1, 2003, and Dec. 31, 2006. The four regions were characterized by differing distance from the equator. A total of 216 people were enrolled who had experienced a CIS. A total of 395 controls were randomly selected and matched to the CIS cases in age, gender, and study region.

Sun exposure was measured in several ways, including by participant reports on how much time they spent in the sun during different periods of life starting from age 6, and also by examination of the skin for sun damage and measurements of skin pigment. The latitude and longitude of participants' residence were also recorded as an indicator of ambient ultraviolet light. Vitamin D levels were measured by a blood sample taken at entry into the study.

Results showed that higher recent or lifetime sun exposure and higher blood levels of vitamin D at study entry were independently linked with a reduced risk of CIS. Investigators reported that people with the highest levels of vitamin D at entry were less likely to have a CIS than those with the lowest levels. Taken together, differences in sun exposure, vitamin D levels and skin type accounted for a 32.4 percent increase in CIS incidence from the low to high latitude regions of Australia.

The findings provide additional support for previous suggestions that sun exposure and vitamin D may help protect against developing MS. It remains to be seen whether safe and effective strategies can be developed that utilize this potential protection without the risks involved in overexposure to the sun or overdoses of vitamin D supplements, and whether these findings have relevance for individuals who already have MS.

Family Day to include a special recognition for our 2011 Scholarship recipients!

By Sharleen Dupee

Mark your calendars for this year's Family Day to be held at the Tulsa Zoo and Living Museum on **Saturday, June 4 from 10 a.m. - 3 p.m.**



(Registration begins at 9:30 a.m.) Families will enjoy more than 2,800 animals, with nine indoor heated and air-conditioned eco-themed buildings—nearly 500 species

of animals and plenty of exhibits, indoors and out! Participants will also enjoy a children's playground, children's zoo and animal interaction

area, along with the safari train and wildlife carousel. Lunch is included in your registration.

This year, you are in for a special treat. We will be recognizing our 2011 Scholarship recipients during the lunch program. Each year the National MS Society helps to fulfill dreams of pursuing post secondary education for students with multiple sclerosis or students with a parent who has MS. Applications are available each October with a deadline in January. Awards will be announced April 15th and are between \$1,000-\$3,000. Plan to join us and help us congratulate the deserving graduates during this fun-filled program!

For more information on this program visit us online at nationalMSSociety.org/ok or call 1-800-344-4867, option 1.

Eight Hours to a Lifetime of Relationship Satisfaction – Couple's Retreat

By Sharleen Dupee

The National MS Society, Oklahoma invites you and your spouse to a workshop for couples living with the challenges of multiple sclerosis. This program will be at the **Winstar World Casino & Hotel** in Thackerville, Okla. (30 minutes south of Ardmore) on Friday-Saturday, **Aug. 5-6.**

The dynamic program will cover topics such as:

- **Couple enrichment and why it's important**
- **Blocks to communication**
- **Communication danger signs**

- **Talking without fighting**
- **Talking with your partner about MS challenges**

Registration is \$25 per couple. Scholarships are available if needed. Complimentary dessert buffet Friday night; complimentary breakfast and lunch on Saturday. Participants are responsible for their room, transportation and incidentals. For more information on this program visit us online at nationalMSSociety.org/ok or call 1-800-344-4867, option 1.

New MS Ambassadors



Newly trained ambassadors joining the movement! Sixteen people attended ambassador and advocacy training on March 5. Everyone learned the most recent information on multiple sclerosis, the National MS Society, Oklahoma and how to better share their story with fellow Oklahomans.

MS Service Day

What a Difference a day makes

By Clayton Miller

If you are living with multiple sclerosis and need a helping hand around the house, MS Service Day volunteers are here to help! Join in our day of community and let us show you how much we care.

Volunteers Assemble! Donate your day and make a world of difference in someone's life. Bring your skills, talents and a little elbow grease and share in the experience of working side by side with others towards making a change.

The next MS Service Day will take place on Saturday, June 25 from 8 a.m.-3:30 p.m. in the Tulsa area. Volunteers will divide into teams and complete projects for or provide friendly visitation to people living with MS in Oklahoma.

- Small household repairs
- Heavy cleaning
- De-cluttering house or garage
- Transporting donated items to thrift shop
- Cleaning out and organizing closets
- Handyman chores
- Moving furniture
- Running errands
- Yard work
- Packing and storing items in garage or attic
- Just visiting in your home, assisted living or nursing home

If you have MS and would like to be considered for an MS Service Day project, or if you're interested in volunteering, please contact Clayton Miller at clayton.miller@nms.org or call 405-488-1300, extension 35201.

Novartis MS Gylenya Study Seeking Participants

PROGRAMS



The Lynn Health Science Institute in Oklahoma City is conducting a six-month randomized, active comparator, open labeled study to evaluate patient outcomes, safety and tolerability of Gylenya (fingolimod) 0.5mg in individuals with relapsing forms of multiple sclerosis who are candidates for MS therapy change from previous disease modifying therapies. Participants must be 18-65 years of age. Individuals with secondary progressive forms of MS will also be considered for participation in the research trial.

Gilenya is currently the first and only approved oral medication for multiple sclerosis. Trial participants will have no placebo, and all study related tests are provided and paid for by the study. The principal investigator for the trial is Mark Fisher, MD, a board certified neurologist.

If interested, please contact Jessica Tirado, LPN, Certified Clinical Research Coordinator for the Lynn Health Science Institute. She can be reached at jtirado@lhsi.net or 405-602-3921.

On your tax return...

make your mark to help
create a world free of MS.

This year, people in Oklahoma can make
a mark to create a world free of MS.

While doing your 2010 income taxes, please simply **check a box on line 12 of Schedule 511 G** to make a charitable contribution to the National Multiple Sclerosis Society. Each contribution will go directly toward MS research, programs and services that support the over 24,000 people in Oklahoma affected by MS. A small mark will make a big difference, in the movement toward a world free of MS.



Contact the National MS Society, Oklahoma or your tax preparer for information.

nationalMSsociety.org | 1.800.344.4867

TOLL FREE NUMBER 1 800 344 4867 | 11

HOW TO GET STARTED WITH SSDI



In order to qualify for SSDI (Social Security Disability Insurance) benefits, a person needs to have paid sufficient FICA taxes, thereby earning “work credits,” in addition

to having a disability that makes holding a regular job impossible. Visit www.ssa.gov/pubs/10029.html for an overview of eligibility requirements and work credits, which are earned each quarter of a year an individual is employed.

The SSA (Social Security Administration) recognizes MS-related difficulty with motor skills, concentration, memory, fatigue, vision or side effects of medications as among the criteria for receiving benefits.

The SSA will require the following:

- The names and contact information of doctors, caseworkers, hospitals and clinics involved, the dates of visits and copies of any medical records.
- The names and dosages of all prescription medicines.
- Laboratory and test results.

- Work records from your employer. Letters from colleagues or supervisors that support the claim.

Start the process

Ask your neurologist (and occupational therapist, if relevant) to evaluate your ability to continue working. “Make sure you have your doctor’s help and encouragement from the beginning,” said Kris Erickson, MSCIR, MSSMC, health insurance manager of the National MS Society. “Without that, your claim may be turned down and you’ll have to appeal.”

“We also recommend that you journal your symptoms,” Erickson added. “A description of what is happening on a day-to-day basis can make a big difference, especially if you have invisible MS symptoms. Saying ‘extremely tired,’ for example, is less useful than saying ‘MS fatigue, four 45-minute naps a day that interfere with bathing, eating, cleaning the house.’”

You can apply online at www.socialsecurity.gov/applyfordisability. Or call 800-772-1213 to schedule an in-person or phone appointment. Keep copies of all the information you give to or receive from the SSA, as well as the contact information for your SSA interviewer. Be patient, persistent and punctual. “And don’t be afraid to ask for help,” Erickson said. An MS Navigator® can provide you with materials to help with the initial application; call 1-800-344-4867. In the event of a rejection, the Navigator will connect you with the appropriate professionals to assist in organizing an appeal. For more information, visit www.nationalMSSociety.org/SSDI or www.socialsecurity.gov/disability.

SECRETS OF WALK MS FUNDRAISING STARS

Our Walk MS volunteers raise remarkable sums year after year, often in the face of jobs, family obligations and even MS itself. We asked six fundraising champs from around the country for their secrets.

EAST



Tracey and Dennis Seabolt, Annapolis, Md.

Together they average \$11,514 raised per year.

"We walk for the vast network of friends and acquaintances living with MS we now have" since Tracey's sister was diagnosed in 2000, Dennis said. They use every way they can to spread the word—happy hour fundraisers, Facebook, T-shirts. "Let people know what you're doing and why you're doing it," Tracey said.

Top tip: Don't be afraid to ask! "I'll go in a restaurant and ask them to sponsor us for an event. I walk in a dry cleaner or 7-Eleven and ask them to put up a poster," said Dennis. "We raised \$600 from a bowl where people left their change. I send letters and postcards, asking people who gave before to give more, even double it."

WEST



Josh Albers, Torrance, Calif.

The 25 family members and friends who walk as Joshie's Chicken Monkeys raise about \$10,000 a year.

Josh's children ask their teachers, grandparents and friends, his mom hits up her local Rotary club and Josh's employer has a matching program. "I'm pretty vocal with my MS—people who know me know I have it. I ask everybody—you never know who will say yes."

Top tip: Make your team fun. People want to join if it looks like you're having a good time. "We're doing something serious but we don't take ourselves seriously. We stop along the route for dance routines and we sing songs the whole time."

SOUTHEAST



Anthony Poggioli, Apex, N.C.

\$26,235 raised in 2010

Anthony is captain of Chrissy's Crew, named for his wife. He's in sales and marketing, and says about his regular letters and updates, "There's a way of asking without asking. It's not being sneaky, but to create excitement and energy. You don't want to guilt people, but you do want to strike a chord."

Top tip: Keep it simple. "I'm not a big believer in doing multiple events—people have limited time and money. You don't want to overwhelm them. The goal is obviously dollars, but the Walk is also a day of hope and celebration."



SOUTH CENTRAL



Debbie Christensen,
Edmond, Okla.

Top fundraiser for the Oklahoma City Walk for the past 10 years, Debbie's 79'ers, named for the year

Debbie graduated from high school, garners between \$8,500 and \$14,000 a year.

Debbie writes personal letters to some 300 people. "And if they don't respond, I might send a second letter." She added, "I can't hold a pen so my mother and mother-in-law do a lot of my writing. A friend copies my letters. My church donates the postage. My friends donate the envelopes."

Top tip: Include a self-addressed stamped envelope to make it easy for people to send back a check. "It makes all the difference in the world."

MIDWEST



Dolores Bopp Potterton,
Naperville, Ill.

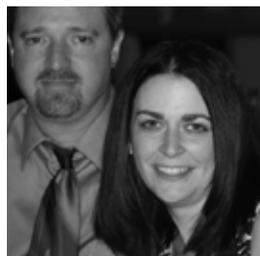
Her team, Walking with Dolores, raises an average of \$50,000 a year.

Dolores hosts a "Making Dreams Come True" gala that 150 people attend, with everything donated. "The Walk is what gets me through the whole year. What I love is it's a celebration of people coming together and saying, 'Enough of this disease.'" Dolores also organizes young

people to go on service trips. "When people see that I don't focus only on myself and that I'm helping others, they open their pockets."

Top tip: Tell your story wherever you go. "Many people aren't knowledgeable about the disease, or live with it in silence."

NORTHEAST



Karen Waldron,
Albany, N.Y.

Raised \$17,000 in 2010

Karen and her team Waldron's Walkers have

participated in Walk MS every year since her diagnosis in 1997. Her favorite part of the whole event is a fundraising luncheon, auction and raffle that Karen's mother, Sylvia D'Aprile, hosts at a local steakhouse. "The luncheon is a celebration of the Walk because lots of people are involved in both," Karen said. The restaurant donates the food and the staff donates their time. "We frequent that restaurant, and a cousin is an assistant manager. We just asked them one year and they said sure." Each year the luncheon for Waldron's Walkers has increased in size, funds raised and awareness spread.

Top tip: Try asking a restaurant or other place where you already have a relationship to host a fundraiser to raise awareness of the Walk.



Self-Help Groups

Self-help groups include persons with MS, spouses, adult family members and friends. Please call the group leader or community contact for information.

Group Meeting Info:

Ardmore:

Linda, 580-223-2427

Claremore:

Dottie, 918-625-1883

Duncan:

J'Nell, 580-255-0886
Kassie, 580-475-0576
David, 580-252-2439

Mannford- MS-101:

Gail T., 918-865-8212
Gail S., 918-865-5001

Oklahoma City:

Quail Creek Group
Jody, 405-755-5756

Women's Luncheon Group

Janice, 405-943-1103

ATOMS

Joe, 405-478-7990
Tom or Emily, 405-607-2861

Stillwater:

Connie, 405-372-8617

Tulsa:

- PACE
Gary, 918-455-4143,
Don, 918-355-9809, &
Sandra, 918-481-9928
- MS & The Working Professional
Mary, 918-740-5916

Changes for the Oklahoma Offices

The Oklahoma City office has relocated to better serve our clients. You can find us at the following new address:

730 West Wilshire Boulevard, Suite #103
Oklahoma City, OK 73116
Phone: 405-488-1300
Fax: 405-607-2797

Telephone Update:

When calling the Oklahoma Office, you might have noticed changes to the way our telephones are answered. As part of joining South Central, Oklahoma is one of the first offices to update to a new, state-of-the-art, telephone system.

Assistance is still just a press away, but a few changes did take place. Here's a quick and easy way to talk directly to someone who has the information you might need.

Press 1 if you know your party's extension. You'll then be asked to enter a 5-digit extension for the staff member.

Press 2 for all your questions about MS resources, access to support programs and services, or for any question you might have about Multiple Sclerosis.

Remember, most of your questions can be easily answered by Pressing 2 and talking directly to staff trained to help you with everything from financial assistance to finding a neurologist in your area.

We're excited about being a model office and continue to search for ways to serve you better!

Community Contacts:

Atoka:

Kim, 580-889-7307

Bristow:

Dusty, 918-367-5203

Enid:

Janet, 580-233-7973

Lawton:

Cynthia, 580-588-3876

Mustang:

Tena, 405-306-7349

Norman:

Rebecca, 405-632-2334

Okmulgee:

Karena, 918-752-0048

Wagoner:

Larry, 918-687-3783

Please call the noted group leader or community contact for further details or information.



**National
Multiple Sclerosis
Society**

Oklahoma Chapter

National Multiple Sclerosis Society
4606 East 67th Street, Suite 103
Tulsa, OK 74136

CHANGE SERVICE
REQUESTED

POSTAL CARRIER – DATED MATERIAL
PLEASE DO NOT DELAY

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Tulsa, OK
Permit # 157

Save the Date

April

- 1 YAMS Battle of the Bands (Tulsa)
- 5 MS Style Movement – Shoe Fashion Show (Tulsa)
- 9 Walk MS Lawton
- 16 Walk MS Tulsa
- 30 Walk MS Oklahoma City

May

- 4 Bike Kick-off/Awards Party (OKC)
- 12 Bike Kick-off/Awards Party (Tulsa)

May (continued)

- 19 Art Bike – Launches and goes through June 19 (Tulsa)
- 21 MS Roller Derby Day (OKC)
- 21 Walk MS Ardmore
- 25 World MS Day

June

- 4 Family Day & Scholarship Recognition (Tulsa)
- 11 Moonlight Sail for MS (Tulsa)
- 25 MS Service Day (Tulsa)

REMINDER: Taxes Due on April 15 - Don't forget to give back to the National MS Society, Oklahoma, by checking Box 12 on Form 511-G